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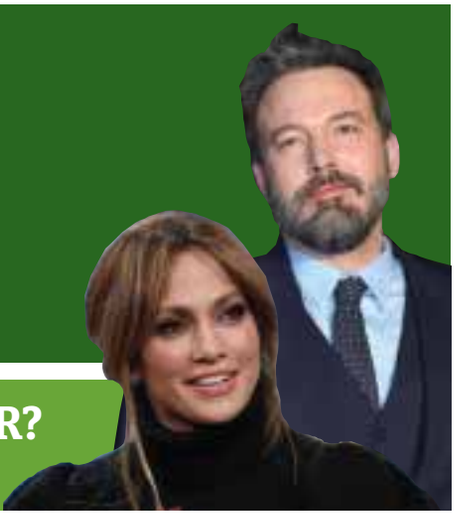

Malusis: Don't expect any quit in David Wright. 29

ARE BENNIFER BACK TOGETHER?

Maybe J-Lo can turn Sad Affleck's frown upside down. 21

A DAY WITHOUT WOMEN

Women demonstrate their political, economic and social clout on International Women's Day. 4

GETTY IMAGES, METRO PHOTO ILLUSTRATION

EX-DICTATOR NORIEGA IN CRITICAL CONDITION

1 Panamanian former dictator Manuel Noriega was rushed into surgery for a second time on Tuesday after suffering a hemorrhage from an operation to remove a benign tumor from his brain, his family and lawyer said.

"He has a major brain hemorrhage and is in serious condition," his daughter Lorena Noriega told reporters outside the Santo Tomas hospital

where he was operated on, describing his condition as "critical". The 83-year-old Noriega ruled Panama from 1983 to 1989, spying for the CIA before his drug trafficking and brutal regime sparked a massive U.S. invasion in 1989. REUTERS

WIKILEAKS CLAIMS TROVE OF CIA HACKING TOOLS

2 Anti-secrecy group WikiLeaks said it had obtained a top-secret trove of hacking tools used by the CIA to break into phones, communication apps and other electronic devices, and published confidential documents on those programs. Among the most noteworthy WikiLeaks claims are that the Central Intelligence Agency, in partnership with other U.S. and foreign agencies, has been able to bypass the encryption on popular messaging apps such as WhatsApp, Telegram and Signal, by hacking phones that use Google's Android platform to collect audio and message traffic before encryption is applied. The information in the documents would amount to yet another breach of classified material stolen in recent years from U.S. intelligence agencies. REUTERS

TRUMP WORKING TO BRING DOWN DRUG PRICES

3 President Donald Trump said he is developing a plan that will encourage competition in the drug industry and bring down prices for medicines, as the House of Representatives leadership unveiled a new health care plan. "I am working on a new system where there will be competition in the Drug Industry. Pricing for the American people will come way down!" Trump said in a Twitter post. REUTERS

EpiPen GETTY IMAGES

HILLARY PHOTOBOMB

5 President Donald Trump walks in a corridor of the White House to greet visitors on Tuesday, while a portrait of Hillary Clinton hangs on the wall. GETTY IMAGES

5 THINGS YOU NEED TO KNOW

UBER LOOKING FOR CHIEF OPERATING OFFICER

4 Uber Technologies Inc.'s chief executive officer, Travis Kalanick, said the ride-hailing company was looking for a chief operating officer. "This morning I told the Uber team that we're actively looking for a Chief Operating Officer: a peer who can partner with me to write the next chapter in our journey," Kalanick said in a blog post. The post comes more than a week after Kalanick said, "I must fundamentally change as a leader and grow up," following a video that showed him arguing with an Uber driver over rates. "This is the first time I've been willing to admit that I need leadership help and I intend to get it," Kalanick, 40, had said. Last week, the company asked a senior executive to leave for failing to disclose a sexual harassment allegation stemming from his tenure at Alphabet Inc.'s Google. REUTERS

WELCOME TO METRO.US!

NIKKI M. MASCALI, WEB PRODUCER
Lovemaking. Banging. Sleeping. Nookie. Whoopie. Procreating. Knocking boots. F-dash-dash-dashing. No matter what you call having sex, you're doing it less, America, a (SAD!) new study says. Find out why at **metro.us/lifestyle.**

PLAY TO WIN $100!

Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. Congrats to last week's winner, **Dinorah Balthazar from New York City.**

metro.us/quiz

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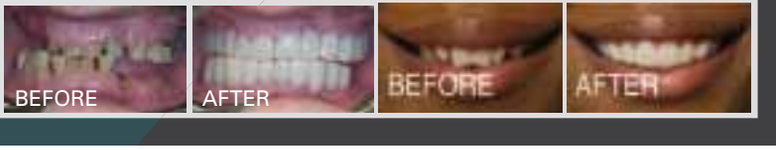

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What's happening in New York City on International Women's Day

Two rallies in NYC lead the way to women's empowerment this year.

AMANDA MIKELBERG
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National Co-Chairs of Women's March Carmen Perez, Linda Sarsour and Tamika D. Mallory attend the Women's March on Washington on January 21, 2017, in Washington, D.C. GETTY IMAGES

International Women's Day, the annual March 8 celebration of women's achievements, will resonate loudly this year in New York City, with marches and events planned to coincide with the "A Day Without a Woman" general strike today.

The official theme of this year's global day of action is "Be Bold for Change" which encourages every woman to "be a leader within our own spheres of influence by taking bold, pragmatic action to accelerate gender parity," according to the International Women's Day website.

Supporters can show solidarity in various ways: by wearing red in a vibrant show of solidarity, taking off of paid or unpaid work if they can for the "A Day Without a Woman" general strike, and by not spending money — the last two to demonstrate women's economic worth. Rally organizers suggest packing food and beverages to avoid using money.

The main events in New York are two marches: One organized by the powers behind the Women's March on Washington, which meets from noon to 2 p.m. at the southeast corner of Central Park (59th and Fifth Avenue). Their Facebook page shows 1,500 people marked themselves as going.

A second march starts at 4 p.m. in Washington Square Park and will make stops at symbolic landmarks, including the Triangle Shirtwaist Factory, the Stonewall Inn, Immigration Court and the Trump SoHo hotel, before reaching the final destination at Zuccotti Park. Over 3,000 people said they will attend that march on the group's official Facebook event page.

The objective is to bring back to the streets the thunder of the millions of women galvanized by the history-making Women's March on Washington on Jan. 21.

"In the same spirit of love and liberation that inspired the Women's March, we join together in making March 8th A Day Without a Woman, recognizing the enormous value that women of all backgrounds add to our socioeconomic system — while receiving lower wages and experiencing greater inequities, vulnerability to discrimination, sexual harassment, and job insecurity," the Women's March website said.

"It's about power," said Brooklyn resident Kamene Ogidi. "And in order for me to have any power, in order for my friends — we must come together again and again in new configurations until we stay together. This strike is important because it is another small iteration of the kind of direction we need to go."

On Women's Day eve, statue of girl stares down Wall Street bull

PETER A SZEKELY

As many American women prepare to draw attention to their role in the workplace, a Wall Street firm on Tuesday put up a statue of a girl in front of Lower Manhattan's well-known bronze charging bull, as if to fearlessly stare it down.

Placing the diminutive, grade school-aged girl in front of the massive bull on the eve of International Women's Day was a way of calling attention to the lack of gender diversity on corporate boards and the pay gap of women working in financial services, a spokeswoman for State Street Global Advisors said.

"A lot of people talk about gender diversity, but we really felt we had to take it to a broader level," said Anne McNally, whose firm is an investment management subsidiary of State Street Corp.

In conjunction with International Women's Day on Wednesday, many American woman are planning to stay home from work, which has led some schools to cancel classes.

Organizers asked women who cannot afford to miss a day of work to limit their shopping to female-owned businesses or to wear red.

Although women have made some headway against the glass ceiling, State Street said one out of four of the companies that make up the Russell 3000 Index still have no female representation on their boards.

> *"A lot of people talk about gender diversity, but we really felt we had to take it to a broader level."*
>
> Anne McNally

"Today, we are calling on companies to take concrete steps to increase gender diversity on their boards, and have issued clear guidance to help them begin to take action," State Street Global Advisors CEO Ron O'Hanley said in a statement.

Much the same as the charging bull, the little bronze girl by artist Kristen Visbal was put up in the wee hours of the morning as "guerilla art," McNally said. But, unlike the bull, the firm discussed it with the city beforehand so that it could remain at least temporarily. REUTERS

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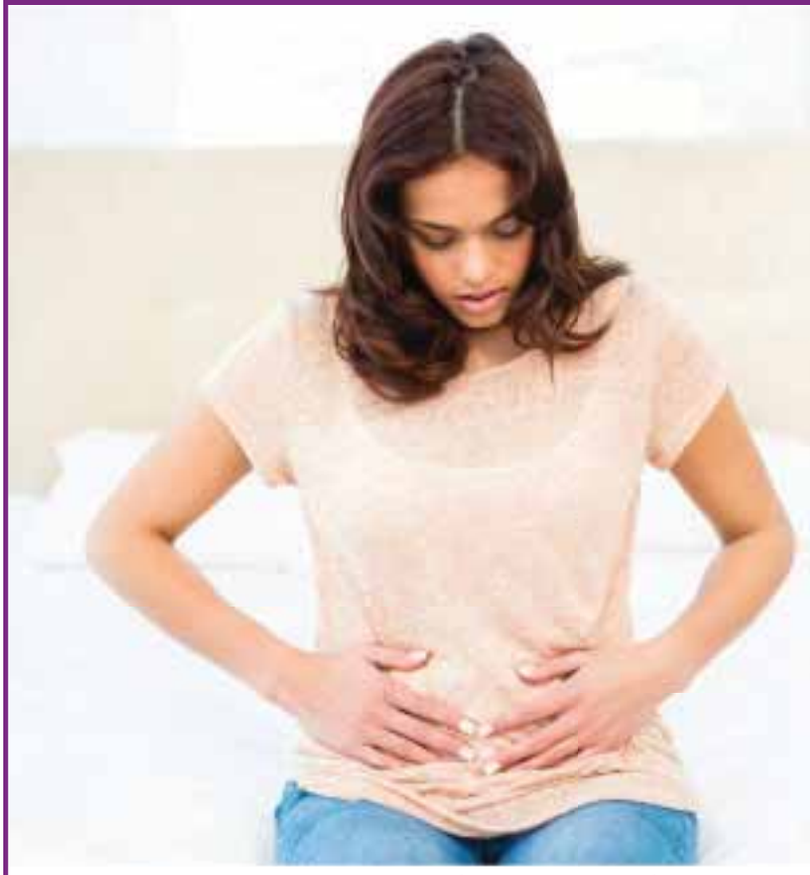

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FDNY uses drone to fight Bronx fire

Firefighters have used the $85K drone in training exercises for several months.

NIKKI M. MASCALI
@MetroNewYork
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The $85,000 drone has been used in FDNY training exercises for more than six months. FDNY/TWITTER

The FDNY responds to thousands of fires a year across the five boroughs, but a blaze in the Bronx on Monday marked a first for the department.

After training with a drone for more than six months, the FDNY used the unmanned aircraft to battle a fire at 653 Crotona Park North in the Crotona Park section of the borough.

The fire broke out in the 6-story building just after 6 p.m. and grew to a destructive blaze within an hour.

Though firefighters were able to give crews on the ground "great radio reports," Deputy Assistant Chief Dan Donoghue said on Facebook, "with the drone, we had good visual pictures" as the roof began to fail.

"It really helped us make decisions to put this fire out and keep our members safe," he added.

In a later post, Timothy Herlocker, director of the FDNY's operations center, said the 8-pound drone was tethered to a landing pad and its infrared camera allowed them to "see hotspots on the roof." The images were sent directly to the incident commander as well as senior officials in the department, he said.

The drone cost $85,000, the New York Daily News reported.

The cause of the fire, which was under control around 8 p.m., is still unknown, and the Daily News said that two firefighters sustained minor injuries and all of the building's tenants were safely evacuated.

PRICEY PARKING

Brooklyn parking spot going for $300,000

What some people might pay for a sprawling four-bedroom house in many parts of the country is what some Brooklyn residents are now willing to pay for a single parking space.

A parking spot is reportedly for sale at the 845 Union Street garage in Park Slope for $300,000. The buyer would also be responsible for $240 in monthly maintenance fees and $51 in monthly taxes,according to DNAinfo. But like any New York City real estate purchase, the investment could be well worth it, as a space in the same garage went for $80,000 four years ago.

"That's more than what my parents paid for their house," area resident Julie Hollar told NBC4.

Some neighborhood locals say they wouldn't balk at buying a high-priced parking spot. They say it's been increasingly difficult to find parking as developers have torn down garages for new residential buildings. Parking garage spots have jumped in price.

Julia Kite, of the advocacy group Transportation Alternatives, told NBC4 that the city needs to step in with a residential parking system.

CRISTABELLE TUMOLA

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Who Should Apply?

Individuals or households who meet the income and household size requirements listed in the table below may apply. Qualified applicants will be required to meet additional selection criteria. Applicants who live in New York City receive a general preference for apartments.

A percentage of units is set aside for:
- Mobility-disabled applicants (12%)
- Vision- or hearing-disabled applicants (6%)

Preference for a percentage of units goes to:
- Residents of **Bronx Community Board 7** (50%)
- Municipal employees (5%)

AVAILABLE UNITS AND INCOME REQUIREMENTS

50% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$734	1	➡	1 person	$26,503 - $31,750
1 bedroom	$786	2	➡	1 person	$28,320 - $31,750
				2 people	$28,320 - $36,250
2 bedroom	$943	4	➡	2 people	$33,737 - $36,250
				3 people	$33,737 - $40,800
				4 people	$33,737 - $45,300
3 bedroom	$1,090	2	➡	3 people	$39,223 - $40,800
				4 people	$39,223 - $45,300
				5 people	$39,223 - $48,950
				6 people	$39,223 - $52,550

60% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$880	5	➡	1 person	$31,508 - $38,100
1 bedroom	$943	10	➡	1 person	$33,703 - $38,100
				2 people	$33,703 - $43,500
2 bedroom	$1,132	12	➡	2 people	$40,217 - $43,500
				3 people	$40,217 - $48,960
				4 people	$40,217 - $54,360
3 bedroom	$1,308	2	➡	3 people	$46,697 - $48,960
				4 people	$46,697 - $54,360
				5 people	$46,697 - $58,740
				6 people	$46,697 - $63,060

80% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)4
Studio	$1,174	2	➡	1 person	$41,589 - $50,800
1 bedroom	$1,258	4	➡	1 person	$44,503 - $50,800
				2 people	$44,503 - $58,000
2 bedroom	$1,510	4	➡	2 people	$53,177 - $58,000
				3 people	$53,177 - $65,280
				4 people	$53,177 - $72,480
3 bedroom	$1,308	2	➡	3 people	$61,680 - $65,280
				4 people	$61,680 - $72,480
				5 people	$61,680 - $78,320
				6 people	$61,680 - $84,080

[1] Rent includes gas for cooking.
[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.
[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.
[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

How Do You Apply?

Apply online or through mail. To apply online, please go to nyc.gov/housingconnect. To request an application **by mail, send a self-addressed envelope to: The Bedford, 87-14 116th Street, Richmond Hill, NY 11418.** Only send one application per development. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application may be disqualified.

When is the Deadline?

Applications must be postmarked or submitted online no later than **May 5, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

Español

Presente una solicitud en línea en nyc.gov/housingconnect. Para recibir una traducción de español de este anuncio y la solicitud impresa, envíe un sobre con la dirección a **The Bedford, 87-14 116th Street, Richmond Hill, NY 11418**. En el reverso del sobre, escriba en inglés la palabra "SPANISH." Las solicitudes se deben enviar en línea o con sello postal antes de 5 de mayo 2017.

简体中文

访问 nyc.gov/housingconnect 在线申请。如要获取本广告及书面申请表的简体中文版，请将您的回邮信封寄送至：**The Bedford, 87-14 116th Street, Richmond Hill, NY 11418**. 信封背面请用英语注明"CHINESE"。必须在以下日期之前在线提交申请或邮寄书面申请 2017 年 5 月 5 日。

Русский

Чтобы подать заявление через интернет, зайдите на сайт: nyc.gov/housingconnect. Для получения данного объявления и заявления на русском языке отправьте конверт с обратным адресом по адресу **The Bedford, 87-14 116th Street, Richmond Hill, NY 11418**. На задней стороне конверта напишите слово "RUSSIAN" на английском языке. Заявки должны быть поданы онлайн или отправлены по почте (согласно дате на почтовом штемпеле) не позднее 5 май 2017.

한국어

nyc.gov/housingconnect 에서 온라인으로 신청하십시오. 이 광고문과 신청서에 대한 한국어 번역본을 받아보시려면 반송용 봉투를 **The Bedford, 87-14 116th Street, Richmond Hill, NY 11418** 으로 보내주십시오. 봉투 뒷면에 "KOREAN" 이라고 영어로 적어주십시오. 2017 년 5 월 5 일까지 온라인 신청서를 제출하거나 소인이 찍힌 신청서를 보내야 합니다.

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Aplike sou entènèt sou sitwèb nyc.gov/housingconnect. Pou resevwa yon tradiksyon anons sa a nan lang Kreyòl Ayisyen ak aplikasyon an sou papye, voye anvlòp ki gen adrès pou retounen li nan: **The Bedford, 87-14 116th Street, Richmond Hill, NY 11418.** Nan dèyè anvlòp la, ekri mo "HATIAN CREOLE" an Anglè. Ou dwe remèt aplikasyon yo sou entènèt oswa ou dwe tenbre yo anvan dat me 5, 2017.

العربية

تقدم بطلب عن طريق الإنترنت على الموقع الإلكتروني nyc.gov/housingconnect. للحصول على ترجمة باللغة العربية لهذا الإعلان ولنموذج الطلب الورقي، أرسل مظروف يحمل اسمك وعنوانك إلى: **The Bedford, 87-14 116th Street, Richmond Hill, NY 11418**. على الجهة الخلفية للمظروف، اكتب باللغة الإنجليزية كلمة "ARABIC". يجب إرسال نماذج الطلبات عن طريق الإنترنت أو ختمها بختم البريد قبل 5 مايو، 2017.

Governor Andrew Cuomo • Mayor Bill de Blasio • HCR Commissioner RuthAnne Visnauskas • HPD Commissioner Maria Torres-Springer

Cybersecurity expert on latest Wikileaks revelations: Nothing to see here

Does latest data dump mean people should throw out their smartphones?

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GETTY IMAGES

Metro spoke to cybersecurity expert Bruce Schneier about the latest revelations from Wikileaks about U.S. government spying and what they mean to regular people. The leaked documents, which appear to be from the Central Intelligence Agency, describes software tools that the agency uses to hack into cellphones, computers and internet-connected televisions.

Metro: Do these revelations from Wikileaks surprise you at all?

Schneier: Not in the least. What's the news here? Computers are hackable, this isn't news. It doesn't change a thing.

M: Should people get rid of their devices?

S: No. Is your phone spying on you? Yes, of course it is, that's how it works. My phone knows where I am, your phone knows where you are, that's how we're talking to each other. My phone knows my email and it knows what I searched on Google. It is the perfect spying device. Google and Apple and Facebook and AT&T are all using it to spy on you.

M: Is it significant they hacked Whatsapp and Signal? People thought those apps were the safe ones.

S: Those are. They're not hacking the apps. They're hacking the underlying operating system. It doesn't matter what encryption you use if someone reads the message before you encrypt it.

M: Should U.S. citizens worry that the CIA is invading their privacy?

S: No. The CIA, if they follow the law, doesn't spy on us, it spies on foreigners. The problem is they're hoarding vulnerabilities that could make us safer. Instead of fixing them to make us all safer, they use them to make us all vulnerable. What should normal people do about it? I don't know. What were they doing yesterday? Why should it change?

This interview was condensed and edited for clarity.

GRATITUDE

NYPD receives thank-you note for job well done ... from arrested suspect

Being arrested typically elicits a strong reaction from the person in handcuffs, but one New Yorker's response was quite surprising — a thank-you note to the NYPD officers for a job well done.

Officers arrested a 34-year-old veteran for grand larceny, according to the note, and New York's finest wowed so much, the perp penned a note to Deputy Inspector William J. Gardner of the 90th precinct. In an age of Yelp reviews and Twitter trolls, it seems the suspect wanted to send some positivity into the world.

"I am supremely confident my recent arrest will be my one and only," the note reads. "But God willing, if I am arrested again, let it be the 90th precinct!!"

Metro reached out to the NYPD for more information on the "professional, respectful" arrest that officers made in Brooklyn on Saturday but didn't receive a response.

KIMBERLY M. AQUILINA

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There's a big chill in the bedroom across the country, a new study found. PIXABAY

Report: More sleep, less sex in America's bedrooms

"I would say the No. 1 cause for a lack of sex is fatigue," one expert said.

NIKKI M. MASCALI
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Lovemaking. Banging. Sleeping. Nookie. Whoopie. Procreating. Knocking boots. F-dash-dash-dashing. No matter what you call having sex, you're doing it less, America.

According to a new study released in the Archives of Sexual Behavior, adults in the U.S. are having less sex than they did 25 years ago.

While there was a dip across factors that include genders, race, regions and work statuses, married couples saw the biggest decrease.

The report, which used General Social Survey data taken between 1989 and 2014, discovered that adults are having sex seven to nine times less each year than they did in the 1990s, when they got busy between 60 to 62 times. By 2014, the average number dropped to under 53.

Married or partnered couples having sex dropped from 73 times a year in 1990 to 55 in 2014, while singles have sex 59 times.

There are several reasons for the big chill, the report found. One major factor is a sharp drop in the number of people partnering up. In 2014, 59 percent of American adults were cohabitating, compared to 66 percent in 1986.

While no definite cause for the lack of sex was determined in the study, we can't discount factors like everyone being glued to their smartphones as well as rising levels of depression, less happy people in their 30s and up and side effects from sexual dysfunction medications, The Washington Post reported.

"Are they less happy and thus having less sex or are they having less sex and therefore less happy? It's probably some of both," the study's lead author Jean Twenge said. "We do know that sexual frequency is linked to marital satisfaction, so overall, if you have fewer people having sex, you could have people who are less happy and less satisfied with that relationship."

Even that old standby of "Not tonight, honey, I'm tired" is more of a reality than ever.

"I would say the No. 1 cause for a lack of sex is fatigue," Pepper Schwartz, a University of Washington sociology professor, told the Post, especially with couples "working to create a two-income family to stay middle class or above. People's minds are occupied with things other than the physical connection."

So what does Schwartz recommend to light that fire in the bedroom, or wherever you so desire?

"Energy, focus and time and the right mood."

Sounds like you better take a nap, power down your devices — after you block off time for a steamy sex sesh in your calendar of course — maybe light some candles and get busy, America.

"I would say the No. 1 cause for a lack of sex is fatigue."

Pepper Schwartz

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New bomb threats made against Jewish centers across US, Canada

NYPD canine officers patrol GETTY IMAGES

Threats were phoned in or emailed to JCCs in states including New York, Wisconsin, Illinois and Florida overnight and early on Tuesday. Centers in Toronto and elsewhere in Ontario also said they were threatened.

A new round of bomb threats against Jewish community centers across the United States and in Canada forced lockdowns and evacuations on Tuesday, and all 100 U.S. senators asked the federal government to help them enhance security.

U.S. federal authorities have been investigating a surge of threats against Jewish organizations, including more than 100 hoax bomb threats in five separate waves in January and February against JCCs in dozens of states.

The Trump Administration denounced the newest round of threats "in the strongest terms," White House spokesman Sean Spicer told a news briefing.

"As long as they do continue, we'll continue to condemn them and look at ways in which we can stop them," Spicer said.

Tuesday's incidents appeared unconnected to the majority of previous threats, according to the Secure Community Network, which provides security expertise to Jewish groups.

A letter signed by all 100 U.S. senators was sent on Tuesday to top U.S. law enforcement officials asking that they help Jewish groups enhance security.

One arrest was made last week, when a former journalist was charged in St. Louis with using fake email accounts to threaten to bomb Jewish sites while posing as his ex-girlfriend. But he is not believed to be responsible for the majority of threats.

Threats came in to Jewish centers and day schools on Tuesday in cities including Chicago, Milwaukee and the greater Rochester area in upstate New York.

The Anti-Defamation League, a Jewish civil rights organization, also said it received bomb threats at four of its locations.

In addition to violent threats, some Jewish organizations received harassing phone calls. At the East Midwood Jewish Center in Brooklyn, police said, an anonymous caller threatened to spray the center's synagogue with pig's blood.

"We've never seen such a period of concentrated threats against the Jewish community," New York Mayor Bill de Blasio told a news conference. "The last few weeks are more troubling than anything I've seen in many, many years." REUTERS

"We are concerned that the number of incidents is accelerating and failure to address and deter these threats will place innocent people at risk and threaten the financial viability of JCCs." The letter

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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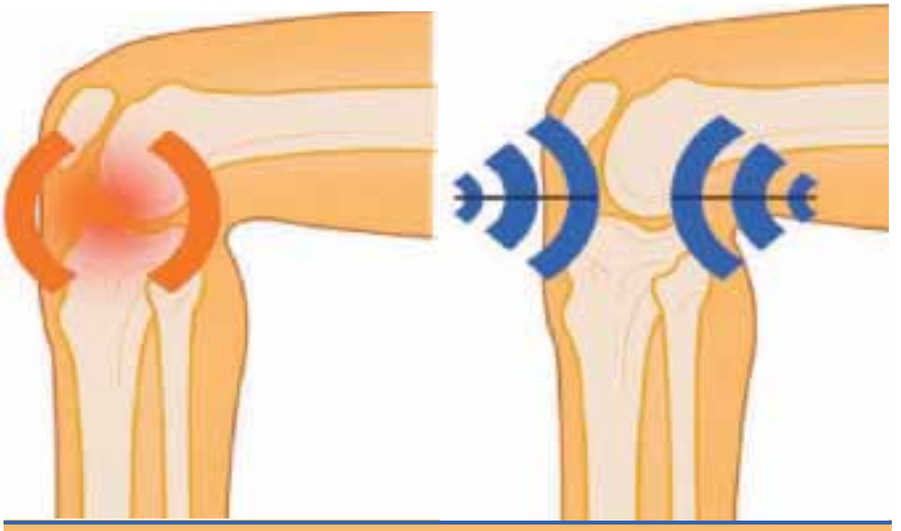

Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

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Conservatives rebel against Trump-backed Republican health care plan

Republican U.S. House of Representatives leaders unveiled legislation to do away with Obamacare, eliminating the requirement that most Americans obtain medical insurance and creating a system of tax credits to coax people to purchase private insurance on the open market.

President Donald Trump on Tuesday endorsed Republican legislation to replace the Obamacare healthcare law but it faced a rebellion by conservative groups and lawmakers who denounced it, complicating its chances for passage in the U.S. Congress.

Speaker Paul Ryan said he could guarantee that he had enough votes to win passage of the measure in the House, adding that conservatives should be excited about the plan to repeal and replace Democratic former President Barack Obama's signature domestic policy achievement.

But conservatives slammed the proposal, with Utah Republican Senator Mike Lee calling it "exactly the type of backroom dealing and rushed process that we criticized Democrats for."

Trump said the plan was open to negotiation but said it had already earned support "from everybody." Vice President Mike Pence described it as a "framework," signaling it was far from its final form, and Health and Human Services Secretary Tom Price called it "a work in progress."

The proposal represented a key step toward carrying out pledges by Trump and congressional Republicans to dismantle Obamacare.

But lawmakers face pressure from constituents not to throw America's health care system into chaos, and some conservatives complained the bill did not go far enough in removing government from the health care industry. Republican Sen. Rand Paul of Kentucky decried it as "Obamacare Lite."

Democrats denounced the proposal, saying it would take away health insurance from millions of Americans and benefit the rich.

Conservative groups including Heritage Action for America, the Club for Growth, Americans for Prosperity and Freedom Partners, backed by the billionaire Republican donor Koch brothers, urged its defeat for different reasons.

The Club for Growth derided it as "RyanCare" and a "warmed-over substitute for government-run healthcare."

"We think you have to get rid of Obamacare completely," said conservative Republican Rep. Jim Jordan of Ohio, who announced plans to introduce his own bill to repeal Obamacare on Wednesday, the same day that House committees begin debating and considering amendments on the Republican plan.

Conservative opponents said the legislation maintains some Obamacare regulations and mandates that have caused rising insurance prices, creates a new entitlement in the form of tax credits and fails to embrace free-market ideals.

Instead of current income-based subsidies to buy a plan, the plan proposes tax credits, which would range from $2,000 to $4,000. REUTERS

U.S. House Speaker Paul Ryan, a Republican from Wisconsin, center, holds up a copy of the American Health Care Act while speaking as House Majority Leader Kevin McCarthy, a Republican from California, left, listens during a news conference at the Capitol Building. GETTY IMAGES

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Four killed when freight train hits bus in Mississippi

A freight train slammed into a charter bus at a railroad crossing in Biloxi, Mississippi, on Tuesday, killing four people on the bus and leaving dozens of others injured, officials said.

Officials said the tour bus, which originated in Austin, Texas, and was heading to a casino, was stopped on the tracks for an unknown reason. Witnesses told local television station WLOX it got stuck there.

Biloxi city spokesman Vincent Creel confirmed the crossing had signs warning of its low ground clearance, which means a large vehicle could potentially become lodged on the tracks.

But he could not say if that is what occurred, adding that the crash was under investigation.

Three people on the bus were killed in the collision and a fourth person died after being transported from the scene, Biloxi Police Chief John Miller told a news conference.

Thirty-five passengers on the bus, which was carrying more than 40 people, were transported to area hospitals and a few other passengers escaped unharmed, Miller said.

Authorities airlifted some of the most badly injured victims to area hospitals. Nine of them were in critical condition, Creel said by telephone.

The crash follows an effort by Biloxi Mayor Andrew "FoFo" Gilich to close some rail crossings, with the stated goal of improving road safety in the city with a population of 45,000 people on the Gulf of Mexico.

But this crossing at Main Street, which was the site of another wreck between a train and a delivery truck on Jan. 5 with no injuries, was not one of those selected for possible closure, Creel said.

The freight train was operated by CSX, which said in a statement its crew members on board were uninjured. The crossing has flashing lights and gates, it added.

Sue Perkins, who was in a vehicle behind the bus and witnessed the crash, told WLOX the motorcoach appeared to get stuck because it was too long for the steep angle of the hill at the crossing.

The red lights at the crossing lit up and the safety gates descended with the bus stuck on the tracks, Perkins told the station. Then she saw the train in the distance and the conductor slammed on the horn but could not stop in time, she added. REUTERS

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House intelligence chief has seen no evidence to back Trump's wiretap charge

Rep. Devin Nunes (R-CA), the chairman of the House Permanent Select Committee on Intelligence GETTY IMAGES

The chairman of the U.S. House of Representatives intelligence committee said on Tuesday he had seen no evidence to support President Donald Trump's allegation he was wiretapped by then-President Barack Obama during the 2016 presidential campaign.

Republican Representative Devin Nunes told reporters that if Trump's assertion were true, the leaders of Congress and the chairman of its two intelligence committees, known collectively as the "Gang of Eight," should have been briefed.

"I have not seen that evidence," Nunes said when asked about Trump's charge. "I think the bigger question that needs to be answered is whether or not Mr. Trump or any of his associates were in fact targeted by any of the intelligence agencies or law enforcement authorities."

"At this point, we don't have any evidence of that," he said.

Trump made the accusation in a series of early morning tweets on Saturday, without providing any evidence. A spokesman for Obama said it was not true.

Trump has since pressed the House and Senate intelligence committees to expand already planned probes into allegations that Russia meddled in the U.S. election to look into his charge. Nunes previously said his panel would examine the evidence.

> *"At this time, we are not going to subpoena anyone for that March 20th hearing. ... But if we have to, we will subpoena all information that is pertinent to this investigation if people either ... don't want to appear or if the appropriate agencies do not provide the information we ask for."*
>
> Nunes

"We are supposed to be kept up to speed on any pertinent counter-intelligence investigation," Nunes said of the Gang of Eight. "If Trump or any other political campaign, or anybody associated with Trump, was under some type of investigation, that clearly should have risen to the Gang of Eight level."

Nunes said his committee planned to hold a series of public hearings as part of its Russia probe, beginning with a session on March 20 at which FBI Director James Comey and Admiral Mike Rogers, director of the National Security Agency, had been called to testify.

He said former Director of National Intelligence James Clapper, former CIA Director John Brennan and former acting Attorney General Sally Yates were also among those invited to appear.

"At this time, we are not going to subpoena anyone for that March 20th hearing," Nunes said. "But if we have to, we will subpoena all information that is pertinent to this investigation if people either ... don't want to appear or if the appropriate agencies do not provide the information we ask for." REUTERS

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Judge rules against tribes seeking to stop pipeline

A U.S. judge on Tuesday ruled against Native American tribes seeking to stop the Dakota Access Pipeline as their legal options narrow weeks before oil is set to flow on the project.

Judge James Boasberg of the U.S. District Court for the District of Columbia rejected the tribes' request for an injunction to withdraw permission issued by the Army Corps for the last link of the oil pipeline under Lake Oahe in North Dakota.

Energy Transfer Partners LP is building the $3.8 billion pipeline to move crude from the Northern Plains to the Midwest and then on to the Gulf of Mexico.

The denial of the injunction represents yet another setback to the tribes — the Standing Rock Sioux and the Cheyenne River Sioux — that have been leading the charge against the line, which runs adjacent to tribal territory in southern North Dakota.

Defiant Dakota Access Pipeline water protectors GETTY IMAGES

The tribes had argued that the pipeline would render water they use for religious ceremonies spiritually impure even if the pipeline goes under Lake Oahe. They said the pipeline was reminiscent of an ancient prophesy of a Black Snake that would harm natives and that they could not use other water supplies in the region because they had been polluted by decades of mining.

Boasberg said in a written ruling that the Cheyenne tribe "remained silent as to the Black Snake prophecy and its concerns about oil in the pipeline under Lake Oahe" during two years of legal disputes against the line.

Chase Iron Eyes, lead counsel for the Lakota People's Law Project said "it is simply unacceptable that the government is allowing Energy Transfer Partners to build this pipeline through our sacred lands." The water the pipeline threatens supplies used by the Lakota and more than 17 million other people downstream, he said.

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Is Bennifer back?

It is very possible that Bennifer is gearing up for round two. That's right: According to Radar Online, Ben Affleck and Jennifer Lopez are giving their ill-fated, 2004-era romance another go. Oh, man.

When they were together, the couple elicited a reaction that was kind of like, "Those two are together? I don't really get it. They're both good-looking, I guess. But why? This seems weird. But I'm weirdly into it? I don't know!" And now, they're hoping to re-create those lukewarm, fuzzy feelings.

Mystery insiders told Radar that during a recent script meeting, Affleck, 44, and Lopez, 47, had the most insane, distracting chemistry. Can you believe it?! "She was actually blushing when he kissed her in greeting. There's so much chemistry between them, all the other folks could have been invisible!"

Affleck most recently had a very public affair with his kids' nanny, Christine Ouzounian, which is just a cool unimaginative thing celebrity dads like to do. He is still technically married to Jennifer Garner.

Lopez split from Casper Smart — who can only really be described as her "young boy toy" — in 2016. She also fake dated Drake for a hot minute.

Good luck, ya crazy kids! I'm rooting for you, maybe.

Why is K-Stew talking about Edward?

Kristen Stewart has a film to promote — the very mysterious "Personal Shopper" — and you know what means. It's time for some choice quotes about her defunct relationship with sparkly unicorn Robert Pattinson! Hooray!

"When I was dating Rob, the public were the enemy — and that is no way to live," Stewart tells the "Sunday Times. But don't worry: she's OK now, even if "Twilight" fans are still mad at her about the breakup. "I don't view the whole 'Twilight' blow-up as being generally traumatic," she says. "Once I started dating girls, it seemed like there was an opportunity to represent something really positive." Ooh, I see what you did there, Stewart.

Meanwhile, Robert Pattinson is chilling, living his best life, wearing luxurious Dior cropped sweaters and being almost married to FKA Twigs. Nobody asked him, but I think he's doing just fine, too.

Azealia Banks bit someone's boob

A New York judge has issued a warrant for Azealia Banks' arrest after a missed court date. She was supposed to be facing charges of misdemeanor assault (OK, wow), attempted assault (OK, damn) and disorderly conduct (OK, girl, get it together). And according to Complex, the charges stem from when Banks allegedly attacked a security guard at a New York nightclub. The special thing about this attack, though, is that it's widely known on the internet as the "boob-biting incident." That's right: When the 25-year-old aspiring witch allegedly attacked this woman, she not only punched her; she bit her boob. Because that's the appropriate response to someone not letting you into a private party. I mean, I've always thought sulking was the way to go, but, boy, was I wrong! Banks, of course, missed the court date because she confused the dates and was busy baring her entire backside at Paris Fashion Week. Thank you, Azealia Banks, for proving once again that you don't understand the concept of "chill."

Pete Davidson of 'SNL' is sober now, yay!

ALL PHOTOS GETTY IMAGES

Pete Davidson — "Saturday Night Live's" resident "young person" — opened up in an Instagram post about his newfangled sobriety. The 23-year-old comedian, who has been kind of AWOL "SNL"- and social-media wise, wrote in a post that he's sober for the first time in eight years, and he's never been happier. "Just wanted to let you guys know I'm okay. I quit drugs and am happy and sober for the first time in 8 years," he wrote. "It wasn't easy, but I got a great girl, great friends and I consider myself a lucky man." Oh, P.S., the "great girl" he's talking about is Larry David's daughter, Cazzie. Noice! Davidson had previously opened up about his marijuana use, and how he initially started using weed to treat his Crohn's disease. If you're happy, I'm happy, random comedian. Congratulations!

Keanu Reeves: I love doing action

The former Neo talks "John Wick: Chapter 2" and reuniting with Laurence Fishburne.

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Keanu Reeves kills everyone once again in "John Wick: Chapter 2," now in theaters. NIKO TAVERNISE

Keanu Reeves is 52 years old. You wouldn't know that watching "John Wick: Chapter 2." In the sequel to the 2014 hit, his character — the world's best and most feared assassin — is blackmailed into taking a job that backfires badly. He winds up pursued by any colleague who thinks they can take him out. Bigger, crazier and maybe even better than the first, it also doubles down on the action, forcing the former Ted "Theodore" Logan into many an acrobatic scrape, many of them filmed in long takes where you can see how much he nails complicated and bruising fight choreography.

You kill a lot of people in this.
Yes, but they are after me.

Do you like doing your own stunts?
Yes. I don't do that many tricks, but I try to do as much action as possible. I like to take care of that relationship between the audience and the character. Besides, I love doing action scenes. And in this film there is much more judo, jiujitsu. The weapon handling is on another level. The action scenes in general are very advanced.

There are a couple of words like "gun fu" and "car fu" that are associated with the first "John Wick." How do you define them?
If you are working with a gun and you make a judo drop, that is "gun fu." You combine both. Same with a car: If you send someone flying with a car crashing into a wall, that's "car fu." [Laughs]

The first "John Wick" stayed in NYC, but this one has more of an international flavor.

It even jumps over to Rome for a stretch.
The film's director [Chad Stahelski] and all the others involved in it wanted to expand the film's panorama more and were motivating us to do it that way. Chad had the idea of going to Rome, because there is a long history of assassinations, as well as underground things — entities from beyond. That's why we had an Italian team. It was very cool to shoot in Rome and watch the movie's palette open that way.

And you get to briefly reunite with your "Matrix" co-star Laurence Fishburne.
It's the first time I've worked with Laurence since the "Matrix" trilogy, and it was a great experience. It's always good to work with him again. There's a very warm atmosphere on the set. He's a legend, right?

What do you like more: motorcycles or movies?
I'm always on the lookout for the weirdest, wildest thrills — something interesting. It could be something very commercial or independent, but I always like some darkness in my projects. In that respect, I think films and motorcycles are very similar. The strangest thing is that they both have left scars on my body.

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Judy Gold: Evil people aren't very funny

The comedian talks "The Last Laugh," humor and enjoying when Richard Spencer gets punched.

MATT PRIGGE
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The comic Judy Gold is in august company in "The Last Laugh," a new documentary that looks at jokes about the Holocaust, from Charlie Chaplin's "The Great Dictator" through "The Producers" through "Curb Your Enthusiasm" through numerous Sarah Silverman bits. Mel Brooks, Gilbert Gottfried, Silverman herself — they all discuss (and often disagree about) when humor goes too far, and how if you're going to tackle tricky subjects you have to do it right.

We talked to the longtime comedian and Emmy-winning "Rosie O'Donnell Show" writer about not just the movie, but how it's become even more timely in the last few months.

Along with Judy Gold, Mel Brooks is one of many comedy legends who discusses making risky jokes in "The Last Laugh," now in theaters. THE FILM COLLABORATIVE

"The Last Laugh" started playing film festivals a year ago. Back then we of course had no idea the Nazis were going to come back into the mainstream.

I don't think they ever left. They just didn't have this platform. Now they have a platform.

There have been debates about if it's OK to laugh at Richard Spencer being punched in his stupid face. I'm not a violent person, so I can't condone it. But I'd be lying if I said it didn't bring me great, great joy.

Oh no, he deserves to be punched in the face. That punch is nowhere near as violent as his words.

Since this film premiered a year ago, another thing that's changed is the role of comedians. Even more so than before, we almost look upon them as the saviors, the people who will tell us the truth those in power won't, in the most entertaining and cathartic way possible.

We can call people on their s—. We're fearless. Most comedians are fearless. To get up and say stuff that people normally wouldn't say. We've been through a lot. Humor is also disarming, and it trumps — I hate that word now — it trumps everything.

Our new governmental overlords aren't very funny.

You look at Jeff Sessions: What do you think he laughs at? He probably laughs at, "Oh, look, they're beating up that immigrant over in the corner," or whatever. I don't know what the f— they laugh at. They just take themselves so seriously. I mean, Donald Trump's not funny. Now he won't go to the correspondents' dinner, because he couldn't make a joke about himself if Putin paid him.

Someone smarter than me once said humor is a sign of intelligence.

GETTY

It's looking at something from a different perspective. If you're a comedian and you talk about the Holocaust, you talk about 9/11, you talk about any horrible tragedy, your brain immediately goes to the joke. It's the way we think. And when you're telling a joke about a tragedy or something horrible, it's got to be a decent joke. You can't write a s—ty joke about the biggest tragedy in the world.

Livin' on the edge

It's interesting that no one in the film agrees about when a joke goes too far. Who's to decide where the line is? It's a "sense" of humor. Not everyone thinks the same things are funny. Not everyone likes salty foods. I feel it's more like, "Who the f— are you to decide where the line is?"

It's not a scientific thing. There are just so many factors that make a good joke. It's the writing, it's the timing, it's what's in the zeitgeist, it's a combination of two things you would never put together. It's a way of thinking. When your mind is closed and you can't open it to what the intent is, then you lose.

Those people are probably already losers anyway. Exactly.

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Bring your budding techies to ARTech's new science-themed playground.

EVA KIS
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Several zones, like the Build It pit, have difficulty levels suitable for all ages. ALL PHOTOS EVA KIS

When art meets science and technology, kids do more than just learn — they're inspired to think in new ways.

That's the premise of ARTech, a free indoor science and technology-themed playground open now through April 29 at 451-459 W. 14th St.

Created in partnership with the Children's Museum of the Arts and New York Hall of Science, the two-month-long pop-up of interactive activities, installations and workshops aims to inspire the next generation of scientists, programmers and engineers ages 4 and up.

"The Meatpacking District is the future of tech, so to be able to expose young kids to all these different elements felt natural for us," says Lauren Danziger, executive director of the Meatpacking Business Improvement District.

The area is home to internet-focused businesses like Google and Giphy, side-by-side with art- and design-focused ventures like art galleries, the Whitney and fashion from the likes of Diane Von Furstenberg. ARTech merges those fields, explains Danziger, "and those little inspirations and experiences are what spark kids' imaginations and kids' ideas, and hopefully they will draw on these memories and create something that will propel them forward."

The playground is made up of seven stations, some with varying difficulty levels suited to kids in a range of ages. At Built It, the littlest visitors stack up large foam shapes, while bigger kids can construct any moving machine using the award-winning Rigamajig design kit.

Some of the stations also add an art element, which can make complicated ideas more approachable. As Barbara Hunt, executive director of the Children's Museum of the Arts, explains, "Art is an essential part of education — it fosters the ingenuity and creativity that is so important to science and technology fields."

At Velocity, kids put physics laws into practical context by building their own race car using construction paper and other craft items, then testing them down four ramps. They can also star in their own outer-space GIF with the help of Giphy, or travel to their favorite constellations inside the inflatable planetarium Starlab.

If kids need a break, there's an inflatable ball pond to jump around before getting back to the brainy fun. Who knows, maybe that's where they'll find their big idea — the Shower Principle can totally apply to ball pits, too.

Make sure not to miss artist Daniel Rozin's sculpture that responds to your movements, and if you need an idea for what to do next, there's a screen at the entrance cycling through local restaurants and things to do in the area.

If you go:

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Inside SoHo's museum of chocolate

Jacques Torres' Choco-Story is as educational as it is delicious.

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Chocolate-making classes will get you hands-on with the good stuff. BRANDON HARDIN

Drink hot chocolate the Mayan was in the museum. KEVIN CHIU

When master chocolatier Jacques Torres announced he was bringing a chocolate museum to Manhattan, we had our doubts. Last summer's Museum of Ice Cream was an interactive art gallery rather than historic exploration of the frozen treat, while the Museum of Feelings was little more than a pine-scented Instagram funhouse.

Turns out you can be educational and delicious. Choco-Story New York: The Chocolate Museum and Experience is now open inside Torres' 350 Hudson St. shop in SoHo. Six months in the making, the museum takes visitors through the origins of chocolate and how it's made with the help of curator Eddy Van Belle. He has established several Choco-Story museums across the world, most notably in Mexico, where the museum also functions as a sanctuary for animals that cannot be released back into the wild.

The wildest you'll get here is tasting real chocolate nibs straight for the pod, served the traditional Mayan way by grinding then melting it with boiling water. The drink may look like hot chocolate, but that's where the resemblance ends — you're well-advised to use the sugar and spices on the table to temper the bitterness. "It only really starts tasting like chocolate once you add sugar," Torres concedes.

Jacques Torres
BRANDON HARDIN

The Mayan tasting cart is merely part of a genuine museum-style experience. "By the end of the tour today, you are all going to be able to open a chocolate factory," Torres promises. Willy Wonka aspirations aside, the story of chocolate is genuinely fascinating. Beginning in Ecuador about 5,500 years ago, chocolate was so valuable that nibs were used as currency (they were also crushed with mushrooms and used to get high, naturally). Plaques in three languages guide visitors along the display cases housing artifacts from Van Belle's travels through Central and South America, like ancient grinding tools and the original recipe for hot chocolate — so spicy, the Spanish has to reduce the amount of chilies when they arrived in the 1500s.

More recently, there are the dainty European porcelain cups from the 1800s with inserts to protect men's mustaches from chocolate froth, while what could be considered the ancestor of to-go cups was invented for the purpose of being able to take hot chocolate on bumpy carriage rides. Following the history lesson is a section on the bean-to-bar process (chocolate is fermented!) and a "gift shop" in the form of Torres' chocolate counter and coffee bar.

Throughout the museum, there are tastings of dark, milk and white chocolates from various regions, chocolate sculptures, a scavenger hunt for kids (who have their own play area with a pint-size kitchen and a themed "sandbox") and, for adults, demonstrations and hands-on classes — you'll walk away with four full-size, thick chocolate bars made with your own hands, no grinding stones required. Progress is good, and delicious.

If you go

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Chef Chris Santos shakes up home entertaining with his cookbook "Share."

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Chef Chris Santos may have three restaurants in New York, but he's doing his part to bring back the house party.

Santos is best known for his Lower East Side hot spot Stanton Social, and while shared plates may be the hottest trend in dining now, he's been serving up globally inspired crowd-pleasers like fish tacos and ravioli in bite-size portions meant to be passed around since it opened back in 2005.

"This culture of ordering everything for the table and everyone sharing is becoming more and more popular," he says. "To me, that's always been the logical way to go."

When it comes to your guests, it's also a natural icebreaker. "It's best to gather at a table where everyone is sharing food; it subliminally invites a very social kind of interaction that you may not get if everyone orders their own thing and is just staring down at their plate."

To help get you started on having more parties at home, he's collected many of his iconic recipes, from French onion soup dumplings to Oreo pancakes, into a cookbook titled "Share." More than just a collection of recipes, it's a guide to taking the hassle out of cooking for a crowd, and encourages more people to get together without needing a special occasion — like his own family did.

"My mother is not a big cook, but she was good at everything else," he says about dedicating the book to her. "My restaurants cultivate an atmosphere of conviviality and having a good time; these are all lessons I learned from my mom."

Here are Santos' tips for taking the stress out of your next gathering.

Why not have a brunch party?
ALL PHOTOS QUENTIN BACON

Parties aren't just for dinner

"Share" has a whole section devoted to brunch, the meal everyone loves, but almost always ends up eating out. Having it at home means no waiting for tables, refills on those bottomless drinks and less pressure to get dressed up. "We're focusing on the 'unch' part of brunch, you're doing it at 3 o'clock in the afternoon," says Santos with a laugh. "Sundays are a great day for gathering people — and who doesn't like day drinking?"

The Coronado is an easy batch cocktail.
QUENTIN BACON

Make your food social

Santos' philosophy is "food should be fun to eat," but it should also be fun to make. That means keeping you, the host, in the mix rather than in the kitchen. The recipes in "Share" remain largely unchanged from their restaurant versions, and that's because the secret to running a popular restaurant is the same as a good dinner party: lots of prep work so that everything can be pulled together at the last minute. Santos also suggests choosing dishes that people can easily pitch in on, like dumplings. And if there's something you're terrible at or don't want to make, he won't dock you points for asking Seamless to pitch in.

Do drinks right

An element of the party that often gets overlooked, according to Santos, is cocktails. People will get beer and some wine, and they might have vodka and orange juice on hand, but no one puts together a cocktail thinking they're too much work. "Share" includes a section that focuses "not just on cocktails but specifically cocktails that can be made in a batch, in advance, that you can then serve in pitchers," says Santos. It shows a level of attention and care, without having to spend the party as a bartender.

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real estate spotlight

70 Pine: The Top of Downtown

In a stand out location just steps from Wall Street, the luxury apartments at 70 Pine overlook lower Manhattan and all the city has to offer. A historic landmarked fixture in the Manhattan skyline, the art deco skyscraper 70 Pine was reimagined for residential living with unparalled amenities and apartments designed with style, modern convenience and the vibrant New York atmosphere in mind.

In the middle of the financial district, 70 Pine tapers up sharply into the sky as it sits between a growing 24 hour neighborhood, including grade schools and a top high school, several grocery stores and small cafes or eateries and iconic attractions such as Trinity church, the brand new Westfield in the Oculus at the World Trade Center, Brookfield Placeand the New York Stock Exchange.

Soak up the diverse culture of Manhattan with renowned restaurants, small fast – casual eateries, including Fowler and Wells at the Beekman, Eataly, and Adrienne's. Explore fully stocked taprooms at local bars like the Dead Rabbit or taste from a large historic beer selection at some of the oldest bars in the country, on stone street. And if you ever need a night out of the district, easily connect to the subway for all the entertainment, food, and night life that the rest of the city has to offer.

70 Pine's redesigned residences offer three choices of apartments. The City Collection, located on the 7-32 floors feature spacious layouts, many with private terraces; while the Tower Collection, located on floors 33-54 offers expansive and extraordinary city views. Or aim for the clouds in one of the 16 unique apartments in the upcoming Penthouse collection that provides dreamy city living with breathtaking panoramic views of Manhattan.

In whichever you choose, enjoy open kitchens fit for entertaining most with stainless steel appliances, Italian cabinetry and Absolute Black granite countertops. Relax in master baths with oversized porcelain tile, custom vanities and Grohe fixtures and take control with in-apartment washer/dryer units, thermopane operable windows and individual heating and cooling. Spread out in expansive living spaces with elegant modern touches like oak floors and walk-in closets.

70 Pine's 24/7 attended lobby will transport you back to the 1930s as it is complete with Art Deco carvings, Native American–inspired motifs and an abundance of marble (and is a New York City Landmark).

A jump into the current century isn't far away with two full floors of convenient, modern amenities. You can stay in shape or enjoy free time at the La Palestra Fitness and Wellness Center which offers state-of-the-art-aerobic and strength training equipment, a Pilates studio, private treatment rooms, game and screening rooms, a 2-lane bowling alley and golf simulators. The 22,000 square foot upscale wellness center also offers residents personal and sports-specific training, nutrition sessions, sports psychology and behavioral counseling, lectures and seminars, massage therapy, and daily classes.

When you need a boost, the lobby also houses a Black Fox, a new coffee concern developed by leading Australian coffee professionals. In development is also a City Acres Market that will offer groceries including locally sourced and organic produce, prepared foods, gourmet cheeses as well as a food hall including Artichoke Pizza, Beyond Sushi, Cinnamon Snail and Vanessa's Dumplings.

Whether you aim to live close to work, enjoy a comfortable yet upbeat community or immerse yourself in one of the most booming neighborhoods in Manhattan, 70 Pine will make you part of the iconic New York City skyline and allow you to engage in the all the offerings of the city while enjoying a relaxing home.

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INSIDE LOOK

333 E. 45th St. overlooks the East River.

100 W. 39th St. has views of Bryant Park.

Million-dollar views for under a million

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This one-bedroom, one-bath condo in Midtown East not only looks out at the city's tall buildings, but also has a partial river view. Features include a new bathroom with Jacuzzi bathtub and open kitchen. For even better views, the 30-story building has a roof deck from which residents can gaze upon the East River, and the Chrysler and Empire State Buildings.

100 W. 39th St., 35-C
$950,000

Located in Midtown West, this one-bedroom, one-bath condo promises natural light and panoramic views overlooking Bryant Park. The inside of the apartment matches the high-end views, with custom walnut flooring, 10-foot ceilings and California closets. An open kitchen features marble counter-tops and stainless steel appliances, while the bathroom has a Zuma soaking tub and ivory porcelain floor.

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WRIGHT WILL NOT GO DOWN WITHOUT A FIGHT

MARC MALUSIS

OPINION

Marc Malusis is a columnist for Metro New York and a host on WFAN and CBS Sports Radio. @marcmalusis

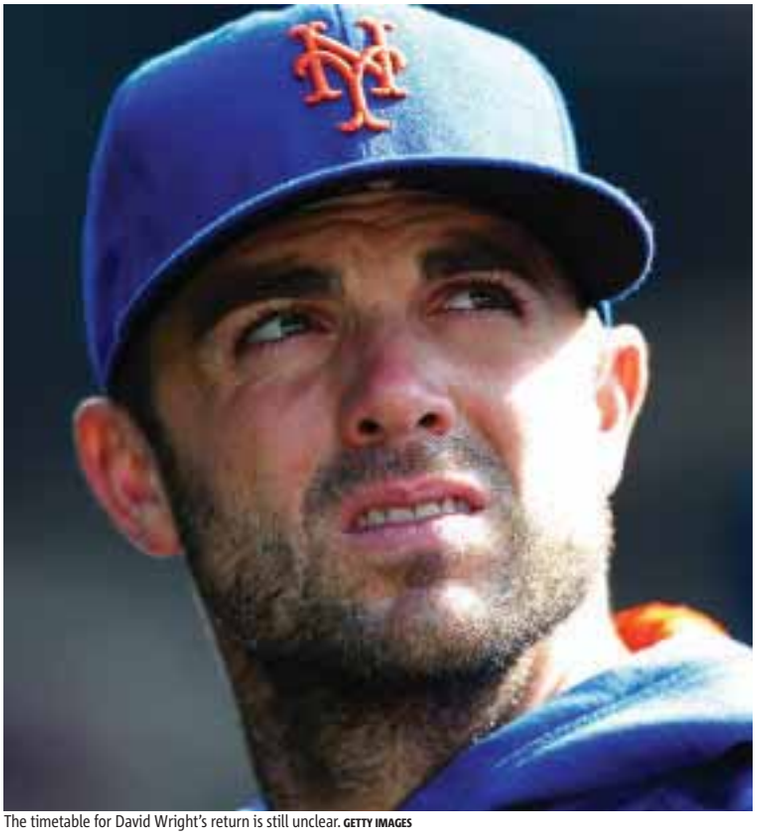
You have to feel for David Wright.

The Mets are ready to win in 2017 and are a World Series contender, and David Wright's body is now failing him. For Wright, it does not seem like a matter of if another injury is around the corner, but when that injury will occur.

Listen, it is not like the Mets banked on a healthy David Wright in 2017 though. As GM Sandy Alderson said early on in camp, the Mets are "all in" this season to win a World Series for the first time since 1986. As it stands right now, it is ironic that Jose Reyes will be the everyday third baseman, replacing Wright. Reyes and Wright, not too long ago, were viewed as the foundation for the Mets franchise for years to come. It did not exactly work out as initially planned, but the two are teammates once again. With the depth and flexibility the Mets currently have in their infield, the Mets' view of Wright was a healthy one. "Whatever he gives us in 2017 will be a bonus."

Now, let's not paint the picture that the Mets are turning their back on their captain. That is not the case. Wright has been the face of the franchise on the diamond and off of it. He will continue to have a presence in the organization as he goes through his latest rehabilitation. He is still owed $67 million and he has no interest in walking away from that, nor this team.

It was announced last week that Wright is suffering from a shoulder impingement. He will not throw a baseball for two weeks as he continues to work his way back from a back injury and neck surgery. There is no timetable for his return and opening day looks like a pipe dream.



The timetable for David Wright's return is still unclear. GETTY IMAGES

"I'll give everything I have to the rehab, and hopefully be out there helping my teammates as soon as possible," Wright said last week.

In a perfect world, the Mets want Wright to be a part of this team. With the Mets looking to make the playoffs for a third straight season and with them owning championship aspirations, there is no question that Wright wants to be a part of it too. The Mets fan especially wants No. 5 to be a part of it too.

I can't think of a current active New York player as beloved as Wright is by Mets fans. They absolutely love him. He came up through the farm system and is "their guy." You look at the Mets record book and Wright's name peppers the statistical categories. He has accomplished a ton as a player, but has never won a championship in New York.

Wright described his latest setback as a "little bump in the road," but I'm not sure if this is a bump or mountain? I am hoping that Wright is correct and it is a bump and he can get back to the major leagues sooner rather than later. I don't think anyone can really say for sure what the baseball future holds for him, though.

David Wright is not walking away from baseball anytime soon. Maybe the medical field will tell him he can no longer do it. Maybe his body will never fully recover from neck surgery and he leaves the game. Anything is possible, including Wright contributing to a playoff team in 2017.

Yankees, Mets notebook: Matt Holliday fitting in nicely

A look at the latest news and rumors from Mets' and Yankees' Spring Training camps in Florida.

Holliday a positive influence in locker room

Thirteen-year veteran Matt Holliday is quickly developing a rapport with his Yankees teammates. Per NJ.com, Holliday was recently seen, "sitting in a chair in front of his locker holding court with five younger players who were circled around him."

When asked about how's he's getting along with his teammates, Holliday told NJ.com, "I'm excited to get to know these guys … build relationships with them, hang out with them. The best way to be a leader is by getting to know these guys first. And then if you have something to say, they're much more willing to listen."

Joe Girardi has noticed the effect Holliday has already had.

"He makes an impact on and off the field," Girardi told NJ.com, "That's what you want from players, especially with all the experiences that he's been through in his career…playing in a city like St. Louis where you're expected to win every year. I think he can have a huge impact on this club."

Matt Holliday has fit right in with the Yankees. GETTY IMAGES

Harvey's pain in the neck

Matt Harvey was chased after just 1.2 innings in his Grapefruit League unveiling against the Cardinals on Sunday, surrendering four earned runs. Harvey's fastball topped out at just 94 mph, leaving some scouts in dismay.

"I was surprised his fastball didn't have a little more life," one scout told the Daily News' John Harper.

On Monday, Harvey revealed that he was pitching through a stiff neck.

"I am not going to make any excuses," Harvey told the Daily News. "It was definitely there and pretty tight."

Despite the poor optics, Harvey was pleased with his start and is taking a gradual approach toward preparing for the upcoming season.

"It's still early in spring," Harvey told reporters after the game. "This year I'm taking things a little slower. Obviously, coming back from Tommy John [two years ago] was a different story. I was pretty pumped up for that one. The biggest thing for me is going out there more and more, getting used to facing other teams. The [velocity] will come."

Tebow Time

According to Newsday, Tim Tebow will make his Grapefruit League debut on Wednesday and play in a split-squad game on Friday. The former football star, who will DH in Wednesday's tilt with the Red Sox, hit .194 in 70 plate appearances in the Arizona Fall League late last year.

ROBERT CRISCOLA

Unheralded players keeping Knicks alive in race for No. 8 seed in East

Chasson Randle, others have given the Knicks life.

TONY WILLIAMS
@TBone8
sports@metro.us

Chasson Randle returned to the Knicks last week. GETTY IMAGES

The Knicks insist they're not tanking the season just yet, and Monday night's 113-105 win in Orlando showed just that — thanks to unlikely sources.

Carmelo Anthony sat out with a sore knee, while New York's other stars, point guard Derrick Rose (ineffectiveness) and forward Kristaps Porzingis (foul trouble) were strapped to the bench in the fourth quarter, as unsung players rose to the occasion. Sure, it was against the lowly Magic (23-41), but for a team that is still trying to catch the eighth and final seed in the Eastern Conference race, it was a bold move by head coach Jeff Hornacek to trust the supporting cast to take it home.

One of the lead heroes happened to be Chasson Randle, a 24-year-old undrafted rookie point guard from Stanford who was originally a late cut in the preseason by the Knicks and returned to the team last week, after Brandon Jennings was waived.

Randle only notched seven points, which was still a career high, but it was his tempo and defense that were key in helping the Knicks (26-38) earn their first win without Anthony in the lineup since April 2015. That victory snapped a 12-game losing streak during such circumstances. Randle played the entire fourth quarter when the Knicks began its game-breaking run.

While Hornacek has maintained that New York won't sacrifice wins for the sake of just developing the younger players, he sounded impressed with the way the unsung guys performed.

And perhaps they've earned more minutes as a result.

"For those guys to be out, our other guys stepped up," said Hornacek, regarding the absence of Anthony and the substitutions of Rose and Porzingis. Hornacek even singled out Randle, noting how happy he is for the reunion. "We always thought if he became available again that we were going to try to get him back somehow," Hornacek said. "He just knows how to play. He does all the little things … I can't say enough for a guy who hasn't played yet and then all of a sudden gets in there."

Randle, who was known as a top-flight scorer in the D-League for the Knicks' Westchester affiliate, was effective on defense. He also added five assists (zero turnovers) and five rebounds. He outpaced Rose for the game, despite his limited minutes (25), as the Knicks were outscored by 23 points when Rose was on the floor compared to Orlando being outscored by 27 points when Randle was playing. A 50-point swing isn't the norm, but it's certainly telling.

Hornacek's admission that he won't use player development at the expense of winning games may no longer be mutually exclusive. There were key points in the game when the coach sent out four rookies on the floor at the same time — with the only veteran being former Magic center Kyle O'Quinn.

The win still kept the Knicks stuck in the 12th seed in the conference, but there are some winnable games coming up. It's still a long shot that they'll catch the eighth-seeded Detroit Pistons (31-32), but even if they fall short, they may have happily stumbled upon something refreshing.

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NOTICE OF SALE

In pursuance and by virtue of a Judgment of Foreclosure and Sale duly granted and entered in an action entitled NYCTL 1998-2 Trust and The Bank of New York Mellon as Collateral Agent and Custodian for the NYCTL 1998-2 Trust v. Lee Walden, et al. bearing Index No. 21495-2012 before the Supreme Court of the State of New York, County of Queens, IAS Part 34, on or about February 17, 2017, I, the Referee, duly appointed in this action for such purpose, will expose for sale and sell at public auction to the highest bidder on April 7, 2017, at 10:00 a.m., in Courtroom 25 of the Queens County Supreme Court located at 88-11 Sutphin Blvd., Jamaica, New York 11435, the lienel premises designated as Block 10539, Lot 113 in the City of New York, County and Borough of Queens, State of New York and known as Francis Lewis Blvd., Queens, New York, directed in and by said judgment to be sold. The approximate amount of the judgment is $3,710.21 plus interest and other charges, and the property is being sold subject to the terms and conditions stated in the judgment, any prior encumbrances and the terms of sale which shall be available at the time of sale. Dated: March 8, 2017, New York, New York

Eugene Crowe, Esq., Referee
74-09 Myrtle Avenue,
Glendale, NY 11835

DAVID P. STICH, ESQ.
Attorney for Plaintiff
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FOR LSF9 MASTER
PARTICIPATION TRUST;
Plaintiff(s) vs.
CHRISTIANA B PEYTON;
EVERSLEY THOMAS;
et al; Defendant(s)
Attorney(s) for Plaintiff(s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, NY 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about January 9, 2017, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On March 31, 2017
at 10:00 am. Premises known as
120-19 222ND STREET,
CAMBRIA HEIGHTS, NY 11411.
Block: 12087 Lot: 12
ALL that certain plot, piece or parcel of land, lying and being in the Borough of Queens, County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $528,412.29 plus interest and costs.
INDEX NO. 6509/12
Michael X. Mattone, Esq.,
Referee

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
ASTORIA FEDERAL
SAVINGS AND LOAN;
Plaintiff(s) vs.
DELROY BRAMMER
AS HEIR AT LAW AND
NEXT OF KIN OF SYLVIA JOHNSON;
et al; Defendant(s)
Attorney(s) for Plaintiff(s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, NY 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about September 16, 2016, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On March 31, 2017 at 10:00 am.
Premises known as
145-26 ARLINGTON TERRACE,
JAMAICA, NY 11435.
Block: 11939 Lot: 91
ALL that certain plot, piece or parcel of land, lying and being in the Borough of Queens, County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $76,898.41 plus interest and costs.
INDEX NO. 21906/09
John O'Leary, Esq.,
Referee

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
U.S. BANK NATIONAL ASSOCIATION,
NOT IN ITS INDIVIDUAL CAPACITY
BUT SOLEY AS TRUSTEE OF
SW REMIC TRUST
2014-1 WITHOUT RECOURSE;
Plaintiff(s) vs.
STEVEN DELGADO;
et al; Defendant(s)
Attorney(s) for Plaintiff(s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, NY 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about December 9, 2016, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On March 31, 2017 at 10:00 am.
Premises known as
115-43 159th STREET, JAMAICA, NY 11434.
Block: 12199 Lot: 0046
ALL that certain plot, piece or parcel of land, situate, lying and being in the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the terms and conditions contained in said judgment and terms of sale. Approximate amount of judgment $365,192.65 plus interest and costs.
INDEX NO. 703994/2014
Judah Maltz, Esq.,
Referee

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
DEUTSCHE BANK NATIONAL TRUST
COMPANY, AS TRUSTEE ON BEHALF
OF THE HOLDERS OF THE TERWIN
MORTGAGE TRUST 2006-9HGA,
ASSET BACKED CERTIFICATES, TMTS
SERIES 2006-9HGA,
WITHOUT RECOURSE;
Plaintiff(s) vs.
MOHAMMAD KABIR;
NURUNNAHAR A. SHIMUL;
et al; Defendant(s)
Attorney(s) for Plaintiff(s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, NY 12524, 845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about November 21, 2016, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On March 24, 2017 at 10:00 am.
Premises known as 113-32 Colfax Street, Queens Village, NY 11429
Block: 11006 Lot: 30ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Fourth Ward of the Borough and County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale.
Sold subject to all of the conditions contained in said judgment and terms of sale. Approximate amount of judgment $496,981.84 plus interest and costs.
INDEX NO. 13114/08
Richard M. Gutierrez, Esq., Referee

NOTICE IS HEREBY GIVEN that a license, Number TBA, for Beer & Wine has been applied for by the undersigned to sell Beer, Wine & at retail in a Restaurant under the Alcoholic Beverage Control Law at 345 East 66th Street, New York, NY 10065, for on- premises consumption. Zawa Japanese LLC.

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
WELLS FARGO BANK, N.A.
SUCCESSOR BY MERGER TO WACHOVIA
MORTGAGE, FSB, FORMERLY KNOWN
AS WORLD SAVINGS BANK,
Plaintiff(s) vs. RAYMON MCADAM
A/K/A RAYMOND MCADAM; et al;
Defendant(s) Attorney(s) for Plaintiff(s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, NY 12524,
845.897.1600
Pursuant to judgment of foreclosure and sale granted herein on or about November 14, 2016, I will sell at Public Auction to the highest bidder at the QUEENS COUNTY SUPREME COURT, located at 88-11 SUTPHN BOULEVARD, JAMAICA, NEW YORK, IN COURTROOM #25. On March 31, 2017 at 10:00 am.
Premises known as 94-22 110th Street, RICHMOND HILL, NY 11419
Block: 09393 Lot: 0016
ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York. As more particularly described in the judgment of foreclosure and sale. Sold subject to all of the conditions contained in said judgment and terms of sale. Approximate amount of judgment $372,631.75 plus interest and costs.
INDEX NO. 707788/2015
William F. Mackey, Jr., Esq.,
Referee

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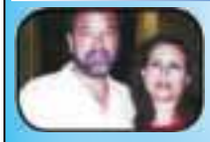

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metro.us/games

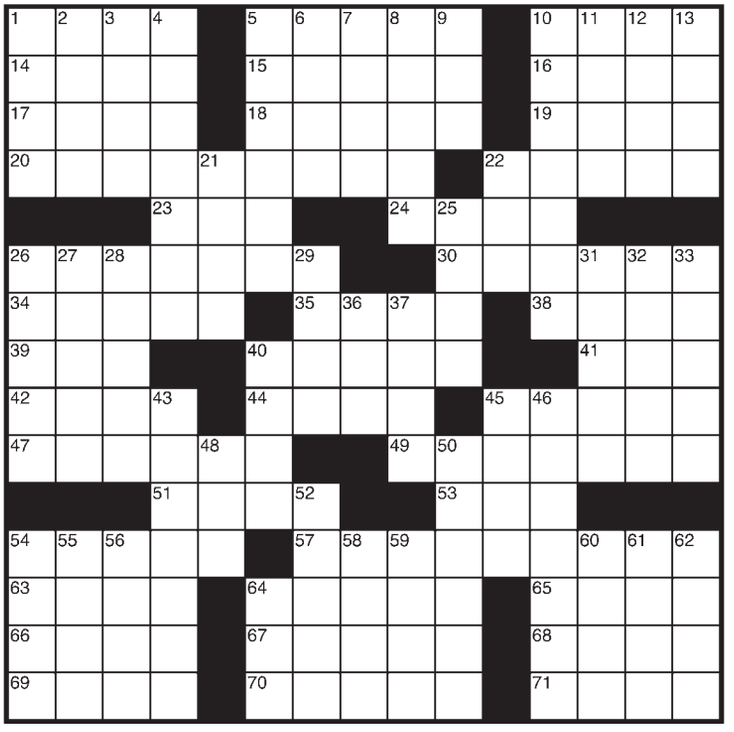
metro.us/crossword

Across

1 Feeling pleasure
5 Things to crack
10 Sixth Greek letter
14 Blarney Stone site
15 St. Teresa's town
16 -- -- to win
17 With, to monsieur
18 Column order
19 Little child
20 Adjusted the wheels
22 Mountain range
23 In the past
24 Singer -- Brickell
26 Customers
30 Not anchored
34 More chilly
35 Fuzzy fruit
38 Fast-talk
39 Limb
40 Does an office job
41 Previous
42 Can't do without
44 Augury
45 Broad comedy
47 Turn into bone
49 Watered down
51 Moreno or Rudner
53 Table-tennis divider
54 Lessen
57 Whiskery dog
63 "-- Ha'i"
64 LPGA's Lorena --
65 Nothing but
66 Mold-ripened cheese
67 Derrick or crane
68 Broken-down horses
69 Cookout intruders
70 Affirm
71 Piggy-bank feature

Down

1 Machine part
2 Not pre-recorded
3 Caller's code
4 Speak with conviction
5 Vietnam city
6 The Bard's river
7 Ground up
8 Ignore, in a way
9 USAF unit
10 Dulcimer cousins
11 New Age singer
12 "Kon- --"
13 Egyptian sun deity
21 Mr. Stravinsky
22 Scotland Yard div.
25 Podium
26 Keyboard instrument
27 Range sizes
28 Multiplied by
29 Read hastily
31 Sluggish by nature
32 Compel
33 Jacket choice
36 Henri's island
37 Proceed
40 Racer A.J. --
43 Smudges
45 Type of collar
46 Cool seasons
48 Archaic interjection
50 Natural
52 Famous racetrack
54 "Waterloo" pop group
55 Silo companion
56 Touched down
58 "Wool" on clay sheep
59 Throw a party
60 Enthusiasm, plus
61 Therefore
62 Break
64 Surprised cries



metro.us/sudoku

easy

7						2		4
	8			4	7	3		
					9	1		
	5	7			1		2	3
		8		5		6		
6	2		7			4	9	
		4	1					
		5	4	9			8	
8		3						6

hard

4						1		
				5	1	2		3
3								7
8			7		4		5	1
		2	8		5	4		
5	7		1		9			2
1								6
2		5	4	9				
		3						4

metro.us/horoscopes

Aries Choose to do something that will give you a boost. A spa day, reward or get-together with someone you love to spend time with will ease stress and lift your spirits.

Taurus A feud will break out at home if you don't compromise. Overreacting or dealing with someone who is being excessive is best handled with intelligence and compassion.

Gemini Don't get angry, get even. The sweetest revenge is your own success. Buckle down and aim to reach your goals. You'll gain respect and acknowledgement.

Cancer Excess will be your downfall. Don't associate with people encouraging you to eat, drink, indulge or overspend. Stay focused on building your fortune.

Leo A get-together with someone you find interesting and informative will ignite a host of exciting new ideas and plans. Romance is in the stars and will improve your life.

Virgo Stay on top of situations. Make your voice heard using diplomacy and intelligence. Refuse to engage with emotionally explosive and impulsive people or groups.

Libra Where personal or business relationships are concerned, try to close the gap between how you see things unfolding and how those you encounter want to proceed.

Scorpio Learn from the experts. Observe what's going on around you. Look for innovative ways to incorporate the ideas that sprout from the observations you make.

Sagittarius Overspending on items you don't need will put you in a precarious financial position. Point-of-purchase items and spending on someone out of guilt will bring stress.

Capricorn Be precise and factual in your dealings. If you cannot afford something or do not want to get involved in a joint venture, say so. Impulsiveness will lead to loss.

Aquarius Size up your situation at work or school, and consider how you get along with your peers. You will learn more if you share information. Hard work will pay off.

Pisces Put pressure on anyone who lets you down or doesn't honor a commitment. Call in favors and make everyone, including you, accountable for their actions. EUGENIA LAST

Yesterday's answers

H	A	L	V	E	S		I	D	A		A	P	P	T
A	M	O	E	B	A		M	R	I		C	O	L	O
M	I	G	N	O	N		P	A	D		C	L	A	P
			I	N	D	I	A	N	A	P	O	L	I	S
F	A	N	C	Y		N	C	O		R	U	S	T	Y
I	S	E	E		A	C	T		K	I	N			
E	P	A		F	R	O		B	E	S	T	E	D	
F	I	T		A	T	M		L	A	M		N	I	L
	C	O	A	R	S	E		I	N	S		S	A	O
			T	R	Y		G	N	U		T	U	N	A
A	O	R	T	A		B	O	T		A	H	E	A	D
S	C	H	E	H	E	R	A	Z	A	D	E			
T	H	I	N		K	I	T		G	A	I	N	E	D
R	E	N	D		E	N	E		A	G	R	E	E	D
O	R	E	S		D	E	E		R	E	S	O	R	T

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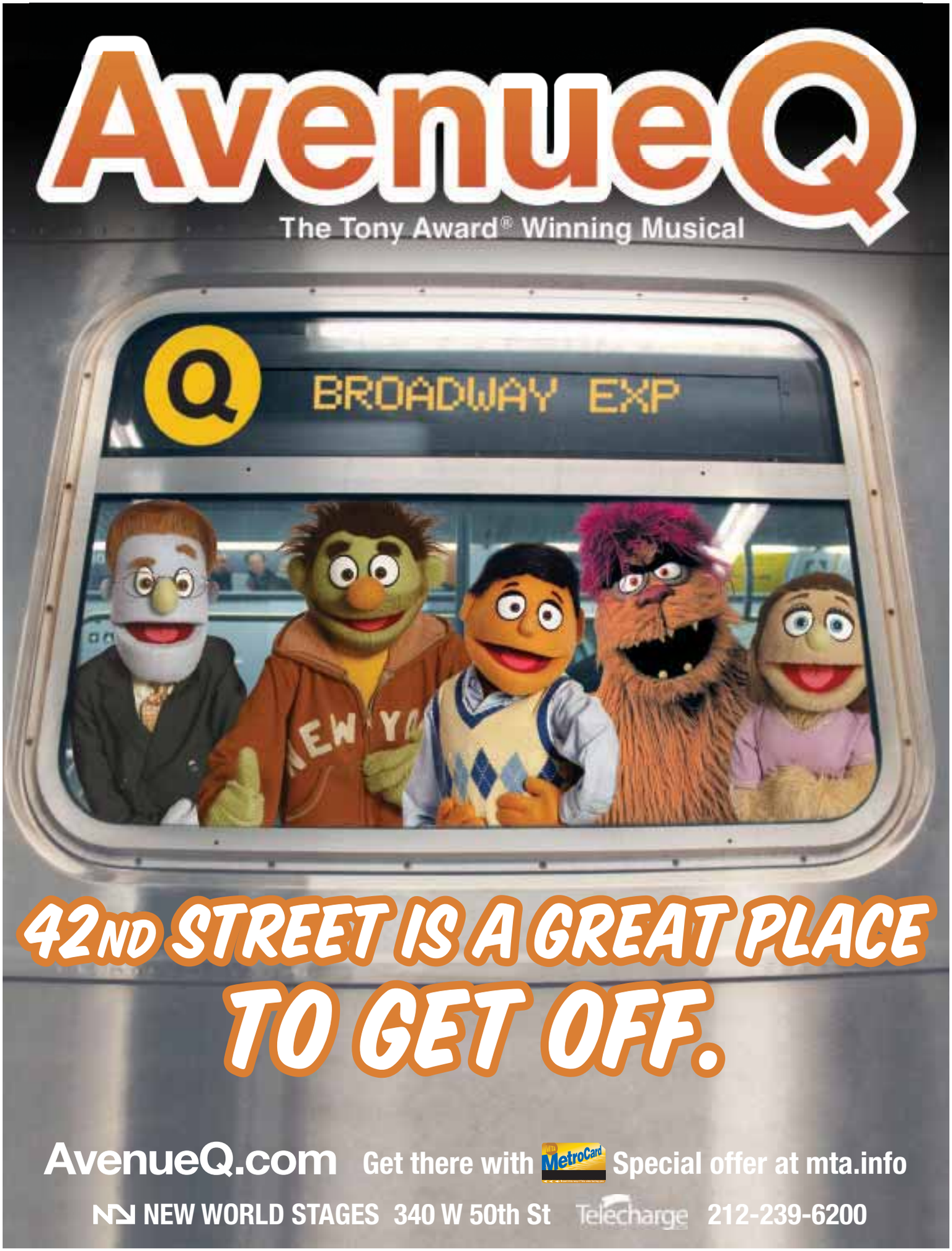
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